

Care for Women 35–50



Make sure your doctor knows:

- ☐ Your health history, including diseases, treatments, and operations you have had, and diseases and conditions that run in your family.
- ☐ Any medicines you take. This includes over-the-counter vitamins, food supplements, and herbs.

Talk about the care you may need:

- ☐ Regular check-ups
- ☐ Immunizations
- ☐ Help to stop smoking
- ☐ Help with depression, stress or, other mental health issues
- ☐ Help to control drinking
- ☐ Vision care, including glaucoma screening
- ☐ Hearing screening
- ☐ Other: _____

Ask about screenings you may need:

- ☐ Blood pressure
- ☐ Cholesterol
- ☐ Blood sugar (diabetes)
- ☐ Breast exam and mammogram
- ☐ Cervical cancer (HPV test)
- ☐ Colorectal cancer
- ☐ Lab tests based on health risks
- ☐ STDs (sexually transmitted diseases) and HIV
- ☐ Other: _____

Ask about these common concerns:

- ☐ Pregnancy planning, including folic acid
- ☐ Birth control and sexual health
- ☐ Weight gain and diet
- ☐ Menstrual issues (painful or skipped periods, heavy bleeding, mood swings, etc.)
- ☐ Lack of exercise or injuries caused by exercise
- ☐ Calcium and bone health (osteoporosis)
- ☐ Other: _____

Talk about any other issues that are bothering you:

- ☐ Problems communicating with your husband or partner
- ☐ Anger or violence at home or work
- ☐ Problems communicating with or disciplining your children
- ☐ Other: _____